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Living Well Eating Smart™

ISSUE 017 • 5/29/08 – 8/6/08

Healthy nutrition and lifestyle information for a better you.



with Carrie Taylor, RD, LDN, Big Y's Registered Dietitian

Q: I'm considering becoming a vegetarian. What should I know about my nutrition?

A: Whether you're choosing to follow a vegetarian diet for religious beliefs, personal preference or health, educate yourself before making the switch. Learn what nutrients are of concern for vegetarians, the foods they can be found in, and how to best prepare them. Taking this time up front will help you create a well-balanced, nutritious vegetarian meal plan.

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Ask Carrie *Cont.*

Which type of vegetarian will you be? Will you simply discontinue eating meat, but still consume fish, dairy and eggs (pesco-vegetarian)? Will fish also go, but dairy products and eggs will remain (lacto-ovo-vegetarian)? Or will you give up all forms of animal products completely (vegan)? This question is important because the main nutrient of concern for vegetarians is protein.

Protein is crucial for the body's growth, development and proper functioning. Pesci-vegetarians and lacto-ovo-vegetarians have a slight advantage when it comes to meeting protein needs. Vegans don't have reason to worry, though. Nuts, beans, seeds and soy products (edamame, soy milk, tofu, isolated soy protein (soy burgers), tempeh, etc.), fruits, vegetables and whole grains can provide plenty of protein.

When following a 2,000-calorie meal plan, the USDA Dietary Guidelines for Americans recommends that vegetarians substitute the daily recommended 5.5 ounces of meat, poultry or fish with 1.5 ounces of nuts and $\frac{2}{3}$ cup of legumes (accounting for the fat provided by nuts of course). One egg can also be substituted for one ounce of meat, poultry or fish.

"If you are considering becoming a vegetarian, it is wise to meet with a Registered Dietitian beforehand."

Other nutrients of concern are calcium, vitamin D, iron, zinc and vitamin B-12. Vegans tend to be at greatest risk for falling short of these nutrients, though anyone transitioning to a vegetarian meal plan can miss the mark without proper planning. If you aren't already, consider taking a daily multivitamin with minerals that does not contribute more than 100% of the Daily Value for the majority of the nutrients.

To meet calcium and vitamin D goals, choose vegetarian based foods that have been fortified with both. Such items are tofu, soymilk, cereals and juices.

If you consume any form of animal products, vitamin B-12 is typically not a concern. When following a vegan diet, make sure to choose foods fortified in vitamin B-12 to meet your needs.

Iron and zinc are both rich in animal-protein foods, so if these foods remain a staple of your diet, your risk for becoming deficient is less. Plant sources of iron are fortified cereals and breads, whole grains, beans, dried fruits, molasses, dark leafy green vegetables (specifically beet greens and spinach) and plum juice. Zinc can be found in these products as well. Regardless of which type of vegetarian meal plan you choose, ensure you pair up vitamin C-rich foods (like fruits and vegetables) with iron-containing foods to increase iron's absorption.

If you are considering becoming a vegetarian, it is wise to meet with a Registered Dietitian beforehand. He or she will identify your individual nutrition needs and design an appropriate meal plan.

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Visiting BigY.com's
Living Well Eating
Smart webpage and
posting a question.



Writing to Ask Carrie
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PO Box 7840
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Sending e-mails to
askcarrie@bigy.com

Disclaimer: The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.

Find food ideas to help you with your transition to become a vegetarian on the next page.....➡

Very Vegetarian

Whether simply dabbling in vegetarian fare or an old pro, choosing the best foods to meet your nutrient needs is a must.

With a plethora of semi-vegetarian and vegan products on the market, there's no reason following a vegetarian diet should negatively impact your nutrition status. With a little guidance, due diligence and focused grocery shopping, you'll get enough nutrient bang out of your food choices. Let the products below get you started on the path to a happy, healthy, vegetarian lifestyle.

Smucker's® Natural Peanut Butter

Full of heart healthy unsaturated fat, Smucker's® Natural Peanut Butter is a tasty vegetarian source of protein. Made directly from ground peanuts, each serving contains 8 grams of protein and is available in Creamy, Reduced Fat, and Honey for a bit of sweetness in your peanut butter.



www.smuckers.com

FLAT EARTH®

Sensible alternatives to chips, FLAT EARTH® are all natural, baked, fruit and veggie crisps. A treat that works for you — each serving provides one-half of a serving from the fruit or vegetable food group. FLAT EARTH® comes in Apple Cinnamon Grove®, Peach Mango Paradise®, Wild Berry Patch, Garlic & Herb Field®, Farmland Cheddar and Tangy Tomato Ranch.



www.flatearth.com

Naked® Juice

There is one pound of fruit in almost every bottle of Naked® Juice, that's why you'll find it in our Produce department! Made without sugar or preservatives, just about every smoothie is vegan-friendly — Protein Zone® and Probiotic flavors do contain dairy. Need vitamin B-12? Choose Blue Machine®. Looking for zinc? Enjoy Power-C®. For a protein punch, drink Protein Zone®. With 18 grams of whey protein in each serving, it's also a good source of iron.



www.nakedjuice.com

Wish-Bone® Light Dressings

With 1½ to 5 grams of fat per serving, Wish-Bone® Light dressings are great for adding low-fat flavor to vegetarian cuisine. Try Honey Dijon or Parmesan Peppercorn Ranch as a tofu marinade. www.wish-bone.com Add Asian Sesame or Balsamic & Basil to your pasta stir-fry. Mix up a green bean and beet salad with Country Italian. Your possibilities are endless!



Yoplait®

If yogurt remains part of your vegetarian repertoire, Yoplait® deserves your attention. Yoplait® Original and Light provide 5 grams of protein and 20% of the Daily Value for calcium and vitamin D. The only difference is Yoplait® Light is fat free. With live active cultures, Yoplait® also aids digestion for individuals with lactose intolerance.



www.yoplaitusa.com

Pearl® Organic Soymilk

Looking for vegan-friendly milk? Want to incorporate more soy into your diet? Pearl® Organic Soymilk has you covered. Not only does one serving provide about the same amount of protein, zinc and calcium as cow's milk, you'll get 10% more of the Daily Value for vitamin D and iron as well.



www.pearlsoymilk.com



Cookout Fun in the Summer Sun

Make this year's events the healthiest yet!

How do you tend to feel after a summer cookout? Overstuffed and tired? Or light and energized? The amount of time spent on preparation, the types of foods offered, and food safety practices all impact your post-cookout condition. When planning this year's lineup of family picnics and neighborhood block parties, make health the guest of honor. Take a few additional steps here and there to create quicker, healthier and safer meals that keep guests coming back for more!

Keep it Safe

Do your part in preventing the spread of germs — keep your hands and food surfaces clean! Improperly cleaned hands are the #1 cause of foodborne illness, so wash them regularly. Cross contamination of germs from surfaces to food is another. Keep counter, picnic table and cooking surfaces clean, naturally, with new **Clorox® Green Works™ Natural Cleaners**. Made with over 99% natural, plant and mineral-based ingredients, **Green Works™** works as well as conventional cleaners, but without the harsh fumes and residues. Find **Green Works™** available as **All Purpose**, **Glass & Surface**, **Bathroom**, **Toilet Bowl** and **Dilutable** cleaners.



www.greenworkscleaners.com

Keep it Quick

If your parties tend to have a smorgasbord of side dishes, save time and provide individual-size servings for at least one choice. **MINUTE® Ready to Serve Rice** provides guests with a quick and easy warm side dish, without any fuss over a hot stove. Plus, it gives you one less hot dish to worry about maintaining at 140°F! Simply heat **MINUTE® Ready to Serve Brown Rice** in the microwave and enjoy a whole grain side with 2 grams of fiber in only 60 seconds!



www.minuterice.com

Keep it Colorful

Include vitamins, minerals and phytochemicals into your menu lineup with a large, dark leafy green salad. **Fresh Express®** salad blends provide a wonderful tasting, nutrient-packed base. Rinsed and already prepared, **Fresh Express® Green & Crisp** and **Lettuce Trio** give you a green canvas to build upon in a matter of seconds.



www.freshexpress.com



Add red tomato quarters, orange bell pepper slices, rinsed Big Y® No Salt Added yellow corn, fresh blueberries and freshly chopped cauliflower, and guests will benefit from the nutrients available with each color of the rainbow!

LivingWell tip:

Prevent foodborne illness and keep hot foods hot! The food safety danger zone is 40 - 140°F, so always hold hot foods at a temperature of at least 140°F.

Keep it Light and Natural

Nothing causes a heavy, sleepy feeling like eating high-fat, high-calorie foods. Keep it light! New **Naturally Delicious™ All Natural Salad Dressings** come in a variety of tasty flavors like **Light Italian** made with Olive Oil and **Light Blush Wine Vinaigrette**. Without the use of artificial colors, preservatives, high fructose corn syrup or trans fat, **Naturally Delicious™ All Natural Salad Dressings** are made with canola oil and provide heart-healthy omega-3 fats from plant-based alpha-linolenic acid (ALA). With ten varieties to choose from, the light options offer great flavor for 50 - 70 calories and 3 - 4.5 grams of fat per serving.



www.cainsfoods.com/details

Keep it Going

Depending on the duration of your party, you may need a reenergizing snack halfway through. You may be thinking — “Snack?! I have tons of food to pick from!” — but will they provide a nutritious, balanced snack with carbohydrates, protein and fat? *Skippy® Natural Peanut Butter* will, plus it just won the 2008 ChefsBest® Best Taste Award for the natural peanut butter category. With *Skippy® Natural Peanut Butter*, you’re mess free, because the natural peanut oil is dispersed throughout with help from palm oil — the heart-healthier cousin of palm kernel oil. Not only is *Skippy® Natural Peanut Butter* trans fat free, it’s also free of added sugars.



www.skippypeanutbutter.com

Keep it Enjoyable

Who said healthy cookout options mean no dessert? Enjoy the nostalgia of your childhood and indulge in the quintessential desserts of summer — ice cream sandwiches and Klondike® bars — with *Slim-a-Bear™*! *Slim-a-Bear™ 100 Calorie* and *No Sugar Added* ice cream novelties let you enjoy the pleasures of frozen desserts with less fat, less sugar and sensible portions. *100 Calorie* treats vary from traditional Klondike® inspired Vanilla Bars to ice cream sandwiches. *No Sugar Added* options are sweetened with aspartame and sugar alcohols, with the *Vanilla Bars* having 40% less fat than their traditional counterparts and the *Vanilla Sandwiches* having 50% less fat.



www.slimabear.com

LivingWell tip:

Prevent foodborne illness and keep cold foods cold! Hold cold foods below 40°F while serving and store them immediately in the refrigerator.

Grilled shrimp & vegetable rice

Serves: 6

INGREDIENTS:

- Big Y® nonstick cooking spray
- 1 large clove garlic
- 1 Tablespoon potassium-based salt substitute
- ½ teaspoon cayenne pepper
- 1 teaspoon Big Y® paprika
- 2 Tablespoons Big Y® olive oil
- 2 teaspoons Big Y® lemon juice
- 2 pounds large World Classics Trading Company™ uncooked easy peel shrimp, thawed
- metal, wood or bamboo skewers
- 6 individual servings *MINUTE® Ready to Serve Brown Rice*
- ½ cup zucchini, finely chopped
- ½ cup plum tomatoes, seeded and finely chopped
- ¼ cup onion, finely chopped

DIRECTIONS:

- Step 1:** Lightly coat grill grate with nonstick cooking spray and preheat to medium.
- Step 2:** In a small bowl, crush the garlic with the salt; mix in cayenne pepper and paprika. Stir in olive oil and lemon juice to form a paste.
- Step 3:** In a large bowl, toss shrimp with garlic paste until evenly coated; set aside.
- Step 4:** Prepare rice according to package directions.

Step 5: Spray a large skillet with nonstick cooking spray and heat on medium low. Add zucchini, tomatoes and onion and sauté for 3 to 4 minutes or until soft. Add prepared rice and toss; remove from heat.

Step 6: Thread shrimp on the skewers and grill for 2 to 3 minutes per side or until opaque and cooked through.

Step 7: Serve shrimp skewers over a bed of rice.

Nutrition Facts: Calories 380, Total Fat 11.5 g, Saturated Fat 1.5 g, Cholesterol 230 mg, Sodium 405 mg, Total Carbohydrates 29 g, Dietary Fiber 3 g, Protein 34 g.



Fuel Your Body

Take care of your body so it can take care of you!



Summer can be jam packed with activities your body simply isn't ready for. Camping, hiking, kayaking and mountain biking are all great for getting outside, but think twice before jumping in blindly. Have you given your body the proper fuel? Eat less than stellar food choices and you may not be able to keep up. Give your body what it needs and it won't be long before the great outdoors is your second home!

What you eat before, during and after an activity dictates how you feel and perform. Here are a few tips for keeping your body properly fueled all summer long:

Protein ~ The Building Nutrient

A building block for every tissue in your body (not just muscle!), protein also makes up enzymes and hormones critical for everyday functioning. Like fiber and fat, protein helps stabilize blood sugar and maintain energy. For the greatest benefit, choose low-fat sources of protein, like eggs, legumes, fish, nuts, seeds, soy, low-fat dairy products and lean cuts of poultry, beef and pork.

Touted as a source of “complete protein,” eggs contain the nine essential amino acids (protein building blocks) humans must obtain through food. Scared that eggs will raise your cholesterol?



www.egglandsbest.com

Don't be. It appears that saturated fat in food, not cholesterol, causes an increase in blood cholesterol levels. Rather than giving up eggs, enjoy them with Eggland's Best®! More than a source of “complete protein,” Eggland's Best® eggs have more vitamin E (seven times more), omega-3 fat DHA, and lutein, than the average egg. And for those with cholesterol woes, Eggland's Best® eggs also have slightly less saturated fat!

If you are lactose intolerant, don't give up milk as a source of protein! LAND O LAKES® Dairy Ease® milk is made especially for you. With the same impressive nutritional packaging of traditional milk — protein, carbohydrates, calcium, vitamin D and vitamin A — LAND O LAKES® Dairy Ease® contains the enzyme lactase to break down the compound in milk, lactose, that causes discomfort for individuals with lactose intolerance. Available in full-fat, low-fat and fat-free options, LAND O LAKES® Dairy Ease® can replace traditional milk in any meal or recipe.



www.dairyease.com

Fats ~ The Satiety Nutrient

Essential for the nervous system, hormones, temperature regulation and heart health, fat also provides a sense of fullness, or satiety, when eating. Just like fiber does for whole grains, a small amount of fat with meals and snacks helps slow down digestion to provide a steady source of energy. Since a little goes a long way, consume only 25-35% of your daily calories as fat, and focus on heart-healthy unsaturated fats found in nuts, seeds, fish, avocados and olives.

Walnuts, like those in *Emerald® Nuts Trail Mix*, may help reduce total and LDL (“bad”) cholesterol as part of a diet low in cholesterol and saturated fat. *Emerald® Trail Mix Blends* are a delicious way to stay fueled. Choose from *Breakfast Blend* with walnuts, granola and fruit, *Tropical Blend* with walnuts, cashews and assorted tropical fruit, or *Berry Blend* with walnuts, peanuts, granola, yogurt raisins and berries.



www.emeraldnuts.com



“Emerald® Trail Mix Blends are a delicious way to stay fueled.”

LivingWell

tip:

The saturated and trans fats in food, not cholesterol, affect your cholesterol levels.

Carbohydrates ~ The Energy Nutrient

Carbohydrates dictate the level in which your blood sugar rises, thereby affecting how energized you feel. The form of carbohydrates you eat also determines what happens to your blood sugar. If you eat highly processed carbohydrates like sugar, corn syrup and white flour, your blood sugar will quickly spike and then drop, leaving you hungry for more. Choose whole grains, fruits, vegetables and legumes (dried beans) with fiber that breaks down slowly and your blood sugar is released steadily over the course of hours.

Whether preparing for your next summer adventure or merely wanting to feel your best, make whole grains like Kellogg's® *All-Bran®* cereals and crackers your primary source of carbohydrates. A serving of Kellogg's® *All-Bran® Original*, *Yogurt Bites* and *Strawberry Medley* cereals provide 10 grams of fiber. Snacking on a serving of *Multi-Grain* or *Garlic Herb All-Bran™ Crackers* will give you 5 grams.



www.all-bran.com

Water ~ The Hydration Nutrient

Water, the medium by which all other nutrients travel, are delivered, and removed from your body, is easily the most important nutrient. Not drinking enough fluid can cause simple discomforts like thirst and fatigue, but in extreme situations, it can lead to heat stroke and death. Mix together humidity, summer heat, improper hydration and exercise, and you're at risk for dehydration. Make water your #1 beverage choice, let thirst be your guide, and take extra caution to hydrate before, during and after activity.

For individuals with osteoarthritis considering supplementation with glucosamine, you have a new hydration option. *Joint Juice® Fitness* is a water-based daily supplement fortified with vitamins, minerals and 1,500 milligrams of glucosamine per bottle. *Joint Juice® Fitness* can be found in the bottled water aisle in *Lemon*, *Berry* and *Kiwi Strawberry* flavors.



www.jointjuice.com

LivingWell

tip:

Always discuss your interest in taking supplements, like glucosamine, with your physician and dietitian beforehand.

Though glucosamine may help relieve damage and pain from osteoarthritis, it is important to note that research studies supporting its use remain mixed. Always discuss your interest in taking supplements with your physician and dietitian. Certain populations, like those with diabetes, taking blood-thinning medication (including a daily aspirin), or a shellfish allergy, should exercise extreme caution when considering glucosamine.

Summer Vacation Musts

Pack items that will help you feel your best when all you have to do is rest.



If you find the vacation “blahs” make a visit each year because your eating schedule and food selections trail from the norm, plan ahead. Include summer vacation shopping must haves on your packing list so you will feel your best when the lazy days of summer arrive.

Quick & Healthy Snacks

Keep your energy going throughout the day with healthful goodies like trans fat-free Newman's Own® OldStyle Picture Show Microwave Popcorn.



www.newmansown.com

One serving (3½ cups) provides 3 grams of fiber! Choose 94% Fat Free for 3½ grams less fat or Low Sodium with 100-200 milligrams less sodium.

Food Safety, Always

Nothing ruins summer vacation more than a foodborne illness, cold or flu. Fight heavy hitters like *Staphylococcus*, *Salmonella*, *E.coli*, Rhinovirus and Influenza A2 with Clorox® Disinfectant Wipes. Premoistened with cleaners and disinfectants, Clorox® Disinfectant Wipes sanitize when wiped surfaces are left untouched for 30 seconds and disinfect when left untouched for 4 minutes.



www.clorox.com

Condiments That Work for You

More than a condiment, Heinz Ketchup is a source of antioxidants. Packed with lycopene, it provides this powerful plant compound from a preferred source — cooked tomatoes. Heinz Ketchup truly does more than just add flavor!



www.heinzketchup.com

Calorie-Free Hydration

Feeling your best in the heat of summer requires staying hydrated. In lieu of drinks loaded with empty calories, quench your thirst with no sugar added beverages like Crystal Light®. With only five calories per serving, Crystal Light® provides a rainbow of Refreshment, Tea, Sunrise, Immunity and LiveActive flavors.



www.crystallight.com

“Healthify” Your Meals

Add more nutrients to your favorite summertime recipes with RONZONI SMART TASTE™. With the same light, great-tasting texture of traditional pasta, RONZONI SMART TASTE™ provides more fiber and calcium. Included in your pasta dishes, 1 cup of cooked RONZONI® SMART TASTE™ delivers 6 grams of fiber and the same amount of calcium as a cup of milk.



www.ronzonismarttaste.com

Waldorf pasta salad

Serves: 8

INGREDIENTS:

- 1 14.5 ounce package RONZONI® SMART TASTE™ Rotini
- 1 cup plain, non-fat yogurt
- ¼ cup Big Y® light mayonnaise
- 3 Tablespoons green onion
- 3 Tablespoons Big Y® lemon juice
- 2 Tablespoons Big Y® Dijon mustard
- 2 Tablespoons chopped fresh tarragon leaves (or 2 teaspoons dried tarragon)
- 1 Tablespoon Big Y® honey
- salt and pepper to taste
- 1 cup apple, chopped
- 1 cup celery, sliced
- 1 cup seedless grapes, halved
- 2 ounces 50% reduced fat Cheddar cheese, cubed
- ¼ cup walnut halves, coarsely chopped
- ⅓ cup dried apricots or golden raisins, chopped

DIRECTIONS:

- Step 1:** Cook the pasta according to package directions.
- Step 2:** Rinse with cold water to cool quickly; drain well.
- Step 3:** In a large bowl, stir yogurt with the mayonnaise, green onion, lemon juice, mustard, tarragon, honey, salt and pepper.
- Step 4:** Toss the dressing with the pasta.
- Step 5:** Stir in the apple, celery, grapes, Cheddar, walnuts and apricots.

Nutrition Facts: Calories 320, Total Fat 4.5 g, Sodium 429 mg, Total Carbohydrates 62 g, Dietary Fiber 8 g, Protein 11 g.

Recipe derived from RONZONI®. Visit www.ronzonismarttaste.com.



Quick & Easy Snacking for Kids

Awaken the culinary guru in your child with kid-friendly, parent-approved recipes.

Many of us grew up helping our parents prepare meals. This is how we learned how to cook. With an increased consumption of convenience foods, the average American family now lacks such experiences. Get back to the basics and start cooking at home. Not only will it cultivate your child's internal chef, you just may help cultivate a lifelong passion for healthy food.



No Frills: Use recipes that require little skill and appliances to introduce children to the art of cooking. Here's a tasty "no frills" recipe to get you started:

Juicy yogurt smoothie

Serves: 2

INGREDIENTS:

- ¾ cup Big Bird's Apple, Apple & Eve® Sesame Street juice
- 1 cup non-fat plain yogurt
- 2 tablespoons granola

DIRECTIONS:

Step 1: Place all ingredients into a plastic container, cover with lid, and shake well.
Step 2: Divide contents between two glasses and enjoy!

Nutrition Facts: Calories 142, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 2 mg, Sodium 119 mg, Total Carbohydrates 24 g, Dietary Fiber <1 g, Protein 8 g.

Forget about drinks with added sugars; choose Apple & Eve® Sesame Street 100% juices! In fun-filled flavors like Big Bird's Apple, Bert & Ernie's Berry and Elmo's Punch, they provide 10% of the Daily Value for calcium and 100% for vitamin C.



www.appleandeve.com



www.getfreshfruit.com

Chiquita® Apple Bites™ come in handy for child chefs — no knives required! Available as single-serving size packs, Chiquita® Apple Bites™ are prewashed and sliced, so all you have to do is open and enjoy!

Microwave: Take the next step toward culinary prowess and introduce your children's recipes to the microwave. They'll be able to create delicious snacks in seconds.

Apple wraps

Serves: 1

INGREDIENTS:

- ½ 2.4 ounce bag of Chiquita® Apple Bites™
- 1 slice of Borden® Essentials Milk Singles
- 1 small whole wheat flour tortilla

DIRECTIONS:

Step 1: Place tortilla on plate and fill with cheese and apple slices.

Step 2: Create a wrap by folding the left and right tortilla edges toward center and rolling the bottom edge toward the top.
Step 3: Place the seam side down on plate.
Step 4: Heat in microwave for 30 – 60 seconds, depending on strength of microwave.
Step 5: Let cool for 1 minute and enjoy!

Nutrition Facts: Calories 217, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 10 mg, Sodium 544 mg, Total Carbohydrates 31 g, Dietary Fiber 3 g, Protein 7 g.



Parent Prep: Some recipes require a little help from Mom and Dad. As your children's recipes progress in difficulty, help them prep the ingredients beforehand. This way they can create the final product safely with or without your help.

String cheese salad

Serves: 1

INGREDIENTS:

- 1 Borden® Essentials String Cheese, peeled into strings
- ½ cup of Fresh Express® salad greens
- ½ cup total of three different colored vegetables and fruits already washed, sliced and chopped
- 1 Tablespoon of Naturally Delicious™ All Natural Light Blush Wine salad dressing

DIRECTIONS:

Step 1: Place salad greens in a large bowl and decorate with vegetables, fruits and cheese.
Step 2: Drizzle with salad dressing.
Step 3: Toss with two large spoons.
Step 4: Place salad onto a plate and enjoy!

Nutrition Facts: Calories 195, Total Fat 6 g, Saturated Fat 2.5 g, Cholesterol 15 mg, Sodium 393 mg, Total Carbohydrates 26 g, Dietary Fiber 7 g, Protein 9 g.

Visit www.elsie.com for more "Cooking with the Kids" recipes!

New Borden® Essentials are children's favorite cheeses with an antioxidant twist. Made from low-fat milk, Borden® Essentials 2% Milk Slices and String Cheese have added calcium for bone strength and vitamins A and E for a healthy immune system.



www.elsie.com

Get Out, Get Moving and Get Ready!

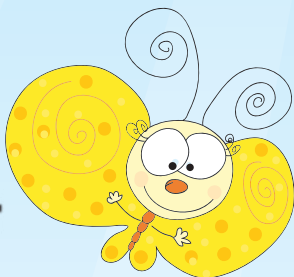


How will your family spend the glorious summer weather New England has to offer?

As scheduled, the school year is coming to a close. Racked with fear of an open 10-week schedule? Don't be. Summer is a great opportunity for your family to get out, get moving and get ready for another successful school year! Without further delay, create a plan for what your family wants to do, goals you want to reach and ways to stay active from now until autumn. Here are a few ideas to get started:

Get Out

- Go camping
- Fly a kite
- Take a hike
- Grow a garden
- Ride a bike
- Learn to fish
- Catch and release
Lightening bugs
- Walk your dog
- Play tag
- Learn the constellations



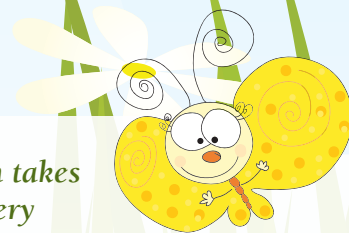
Get Moving

- Learn to swim
- Take horseback riding lessons
- Learn how to kayak or canoe
- Sign up for summer sport leagues
- Attend summer camp
- Try out for a play
- Learn magic
- Take an art class — drawing, painting, pottery, photography, you name it!
- Volunteer — help keep your neighborhood clean, do lawn work or assist summer camp counselors



Get Ready

- Learn how to cook!
- Participate in a summer reading program
- Sign up for a sports camp
- Practice a new math problem every day
- Visit local museums and participate in any summer programs they offer
- Start playing a new instrument or sport
- Write stories about the history of your family, town, region or state
- Get a pen-pal



Developing a summer schedule that the entire family will enjoy and benefit from takes communication and planning. Whether you are a family of two or 12, survey every member to find out their answers to the questions below. Not only will this generate ideas on how to fill up the next 10 weeks, it will ensure everyone is benefiting from the “down” time of summer!

This summer, I want to _____

This summer, I plan on _____

This summer, I'm going to get outside and _____

This summer, I'm going to get moving by _____

This summer, I'm going to get ready for the next school year by _____

